BETWEEN US

A NEWSLETTER FOR, BY AND ABOUT US.

ULOAH Quarterly

Winter Issue

Co-chair's Column

Yolanda Whittington

Greetings my dearest Sistahs and Happy New Year! I hope that you had a prosperous and enjoyable holiday season.

I invite you to join ULOAH in launching our 1999 quarterly newsletter. The purpose of this periodical is to offer you a forum to share your thoughts, ideas, creativity, visions, plans, and views. Simply put, this is for you. It also serves as a vehicle of communication to keep you informed and apprised of upcoming events, current affairs, health and wellness, economic opportunities, and it offers an opportunity for creative expression and personal development. I respectfully request and strongly encourage you to submit your articles, prose, poems, commentary, editorials, critiques, health and beauty tips, professional and entrepreneurial opportunities, suggested readings, entertainment, or other social and cultural activities of interests. Please contribute to your newsletter. Your fellow Sistahs are waiting to hear from you.

ULOAH's Mission Statement

ULOAH is a non-profit 501 (C)(3) Black Lesbian organization open to all Lesbians of African Heritage. ULOAH is comprised of a small group of volunteer board of directors and a handful of community volunteers who have dedicated their time to serve you.

ULOAH is committed to:

Modeling and promoting individual and collective respect for all Black Lesbians.

Promoting cultural pride and personal integrity within and among the Black Lesbian population

Fostering unconditional love and acceptance for all Black Lesbians of the African Diaspora

ULOAH's primary purpose is to:

Promote visibility and unity among Lesbians of African Heritage, thereby increasing wellness, acceptance and understanding in our lives.

Combat all forms of oppression affecting Black Lesbians.

Provide seminars, lectures and workshops conduct conferences and publish literature and materials which educate Lesbians of African Heritage regarding our rich cultural heritage and traditions.

Provide an organization sensitive and responsive to the spiritual needs of Black Lesbians.

Increase the economic security of Lesbians of African Heritage by providing educational services relating to business and career development, financial planning and resource management.

Support and encourage all expressions of creativity in the Arts.

1999 ULOAH Board of Directors

Jeannette Bronson
Erica Henderson
Kari Jones
V. Rene Miranda
Lisa Mitchell
Yolanda Whittington
Karen Worrell

Join us as we welcome our new board members Kari Jones and Karen Worrell. We have an exciting year planned for you and we invite you to participate in our upcoming events. Be sure to check out our "Out & About" section.

SISTAHfest '98 Video Update

We apologize for the continued delay in bringing you your video but our editors and videographers are making every effort to get your video to you. We must edit 10 hours of tape down to 60 minutes which is costly and time consuming. Also, the editor and videographer have hectic schedules and have to squeeze us. We hope to have the videos ready by the end of Winter or the first of Spring. We believe that once you have seen it, it would have been worth the wait. Once again, thank you for your patience.

ULOAH's 1998 Annual Financial Report

Line Item	Earnings	Expenses	Balance
Donations	2,200.00	0.00	2,200.00
CSW Grant	2,000.00	2,000.00	00.00
Nighty Nite 98	1,500.00	1,800.00	(-300.00)
FUNsplash	465.00	804.00	(-339.00)
SISTAHfest 98	38,566.00	38,450.00	116.00
Total	**$44,731.00**	**$43,054.00**	**$1,677.00**

In order to make the newsletter more exciting for you we created several sections: Perspective, Healthy Living, N Style, Her Bizzness, In Review, HER-Story, Dollars & Sense, and Out and About.

Perspective

We invite you to submit your enthusiasm and personal opinions about life, share your social and political commentary, satire, and light-hearted perspective about the world we live in.

Healthy Living

We invite you to submit your health & wellness articles, tips and anecdotes for healthy living. We also encourage you to share your recipes for healthy nutrition.

N-Style

Do you enjoy shopping for stylish clothing, jewelry, cosmetics, perfumes, shoes or sexy lingerie? Do you enjoy searching for the latest beauty tips, hair-styles and skin-care products? If so, please share your fashion tips.

Her Bizzness

(Black Lesbian Entrepreneurs)

Are you a vendor that sells unique jewelry, clothing or art? Are you in business for yourself, trying to sell a product or service? If so, please write us and tell us about your product or service.

In Review

Do you enjoy going to the movies, concerts, plays or other performing Arts? Do you enjoy reading, writing, listening to music or spoken word?

ULOAH Has Applied for Grants!

You're probably thinking, " It's about time!î You're absolutely right, ***now*** is the time. When ULOAH formed in August 1990, we decided to postpone requests for community grants in order to achieve longevity. This waiting period allowed us to establish credibility within the larger lesbian and gay community. Most importantly, this allowed us the time we needed for you to trust us in our ability to serve you. Additionally, we wanted to demonstrate to you and the community at large our ability to fundraise and to show you we can manage money. Now that we have gained your trust and earned a reputable reputation within the community, we have applied for grants.

For those of us who are unfamiliar with the grant-writing process, briefly, let's review how this process works. First, grantors do not give money to organizations to spend it on whatever they feel like it. Most grants are awarded in two categories: (1) Discretionary funds and (2) Non-discretionary funds. Discretionary funds are funds awarded for a specific purpose for a specified target population. Non-discretionary funds are typically funds that aware awarded for general operating costs (i.e., general expenses, telephone, rent, utilities, etc.). The majority of funding falls in the "discretionary" funding category. This category is the most structured and restrictive in that you must adhere to the terms and conditions of the grantor. Taking all this into consideration, ULOAH attempted to develop programs and projects that addressed issues that relevant to the lives and wellbeing of Black Lesbians while simultaneously meeting the funding needs of the grantor. Thus, ULOAH has applied for the following projects:

We applied for **$13,155** from the California Community Foundation's Los Angeles Lesbian & Gay Community Fund to fund "**The Black Lesbian Community Development Project**." This is a multilevel educational and support services program designed to educate, inform, and provide valuable resources and referrals to further enhance and promote the personal, individual, collective, social, political, psychological, physical, spiritual, economic and cultural development of Lesbians of African Heritage.

We applied for **$12,000** from The Los Angeles Gay and Lesbian Center's Alcohol, Tobacco, and Other Drug Prevention Services" "Tobacco Control Project" to fund the "**SISTAHS Against Smoking Series (SASS).**" This is a progressive, multi-faceted project designed to increase awareness regarding tobacco and the dangerous and hazardous effects of smoking and second-hand smoke among the Black Lesbian population. This Series will provide will provide direct outreach, host the Audre Lorde Visiting Lecturer Series (a series of lectures, seminars, workshops, forums, and discussion groups), and Sistahs In Concert (a cultural, musical and artistic performance event showcasing the talents of Black Lesbians in the arts).

We applied for **$2,000** from Christopher Street West (CSW) for the "Empowerment Series". This is a weekend of workshops, discussion groups and forums that promote unconditional positive regard, self-acceptance, mutual respect, and Black Lesbian validation.

As you can see, we have an ambitious and exciting year planned for you. Please know, that in order for these events to be successful, we need your support. That is, we need for you to attend these events. We have some exiting guest speakers, presenters, forums, and social and cultural activities planned for you. We hope to see you at these upcoming events. Be sure to check out the **"Out & About"** feature for program highlights.

Welcome New ULOAH Members 10/1/98 - 10/1/99

*Please Note: ULOAH is **all** Black Lesbians of the African Diaspora but membership requires a $15.00 fee to help defray administrative costs. Thank you for your tax-deductible donation.*

- Jeryl Banks, LA, CA
- Luz Doderoy, Covina, CA
- Sandra Farrington-Domingue, LA, CA
- Stephanie Farrington-Domingue, LA, CA
- Bonnie Henderson, Altadena, CA
- Toia Hicks, Inglewood, CA
- Charlotte Hunter, LA, CA
- Sekena Lockett, Phoenix, AZ
- Mya McClendon, San Jose, CA
- Betty Miller, Altadena, CA 91001
- Ayofemi Oseye, Spokane, WA
- Madeline Renee, LA, CA
- Betty Teal, LA, CA
- Dannielle Wharton, Northridge CA
- Nancy Warmsley, Altadena, CA
- Beverly Winters, LA, CA
- Carolyn Young, Pasadena, CA

THANK YOU MAJOR DONORS!

Audre Lorde — **$500 or more**
Vallerie Wagner

Pat Parker — **$250-$499**
Carol Griffin
Nancy A. Warmsley

Barbara Jordan — **$125-$249**
Betty Miller
Bonnie Henderson

Mable Hampton — **$50-$124**
Ayofemi Oseye
Sandra Farrington-Domingue
Stephanie Farrington-Domingue
Luz Doderoy

ULOAH is able to exist only by your tax-deductible contributions. Please help us to better serve you. Become a member or major donor today. Basic **ULOAH Membership $15; Bessie Smith $35; Mabel Hampton $50; Barbara Jordan $125; Pat Parker $250; and Audre Lorde $500**.

HER-Story

"Taking Control"

by Janice L. Burrow

Most would say that the question "Who has control?" is not unique to the 90's. I would agree; however, what is unique to the 90's is "Who has the control?" The Remote, the Clicker, the Changer, whatever you call it, in your house it has become the most coveted possession in any household with more than one person.

Prior to the 90's, the person with the control was the one who ordered someone else to get up and turn the dial and get them something to drink on the way back. The invention of those wonderful, electronic magic wands should have eased the life of those without the control. Instead, the ever-increasing number of channels and menus, all at the touch of a button, has made life with the controller even more impossible than before.

In traditional, heterosexual homes, women bemoan the fact that it is the men who always have the control, changing channels without regard for what anyone else is interested in watching. However, ladies, for those of us in non-traditional, Lesbian homes, which one of YOU is The Keeper for the Remote?

Those who are bent on sustaining the old stereotypes would answer, the Butch, of course. But come on now, you Femmes out there, fess up! Some of us would feel naked without that control glued under our freshly manicured thumbnails! As I have observed our friends, other Lesbian couples, it seems to be the Femme who is in constant possession of the remote. Some Butches just don't care one way or the other. Others chivalrously relinquish the control and let their lady watch whatever she wants. Either way, Femmes are allowed to channel surf, fast forward, and mute to their heart's content.

I confess, I am a Control Queen and damn proud of it! It has become a running joke between my wife and I that our remote is never more than a few inches from me…ever. She has threatened to bungy it to the middle of the coffee table so that she can use it too. She likes to embarrass me by telling people that I occasionally fall asleep with my thumb on the channel button, causing the T.V. to wildly flip through channels nonstop as I snore away. I tell her I don't snore. I'm afraid I can't deny the other.

T.V. manufacturers knew what they were doing. Over one hundred channels, power, volume, on-screen menus, bright, contrast, color, sleeptimer, all laid out in a myriad of brightly colored buttons. Who could resist? And that doesn't even include VCR options: 7-day advance programming, freeze frame, slo-mo, clock, counter. My poor wife is so patient with me. I can push buttons all evening and she won't get to watch a single entire program. What really drives her crazy is when I turn on the closed captioning. It's interesting to see how far behind the speaker they are or how often they change the wording. Sometimes for fun I mute the T.V. and pretend they're subtitles to a foreign film.

Some would call me obsessive. Maybe I am but I know that I have plenty of company out there in T.V. land. Even now, some of you are nodding your heads and pointing at your partner saying "That's you! You're the Control Queen".

Dollars & Sense

"Who's in Control of Your Money?"

By Gayle Fuhr

I was talking to a friend the other day about how we were both getting older. I asked if she had made for retirement. With an air of confidence, she said, "I have a retirement plan at work." When I asked her what type, her voice became soft and timid as she replied "a 401K Plan". I then asked her if she knew what was being done with her money and where was it being held. There was a long silence on the other end of the phone and finally she said, "I just don't know." This made me think about all of my friends and that they too have no idea what is happening to their money. I explained to her that most companies have what is called a "Deferred Compensation Plan." What this means is depending on the company you work for, each company sets up a plan based on the law at the time that the plan was set up. Most of us don't know what percentage of their earnings is being invested. Some Deferred Compensation Plans are called "403B," "401K," "Money Purchase Pension Plans," and "Profit Sharing Plans." The option inside of each plan varies with each company, which may or may not be generating the best return on your money. I suggested to this friend, as I will to you: find out exactly where your money is. Is it being invested and if so what type of investments do you own. You will also want to know the percentage of your earnings that are being invested each year. Point of fact you could continue to invest the same dollar amount and earn more if you invested differently.

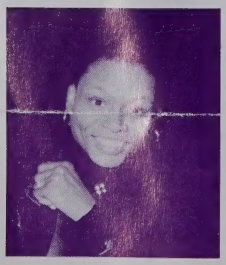
In the next newsletter we will discuss the different types of investments. What are mutual funds, annuities, stocks, and VUL's (Variable Universal Life Insurance Policy).

I work for a Certified Financial Planner and my goal is to be able to share what I have learned for the past 10 years. I hope that this information is useful to you.

Out & About

Join us as we celebrate having our first ever office space. On Sunday, March 21st from 1:00 - 3:00 p.m. in the Gallery at The Village, ULOAH will host a reception at our new home at The Village At Ed Gould Plaza located at 1125 North McCadden Place in Los Angeles, California. We will be installing a telephone in the upcoming weeks and the office will be staffed part-time. Please stop by during our soon to be announced office hours.

Beginning Friday, February 26th, at 7:00 p.m. at The Village at Ed Gould Plaza, 1125 North McCadden Place, Los Angeles, California ULOAH presents our monthly rap group which will be facilitated by Rene Miranda and Karen Worrell. The monthly rap will take place the last Friday of every month through October. In November and December, the monthly rap will take place on November 18th at 7:00 p.m. and December 16th, 1999 at 7:00 p.m.



At last that day has arrived for Bonnie Henderson 's one-woman show entitled "Come A Little Closer." She performed an excerpt at SISTAHfest '98 and received a resounding ovation. Join ULOAH as we celebrate this Sistah's accomplishment on Friday, May 14th and Saturday May 15th at 8:00 p.m. at The Los Angeles Theatre Center at 514 S. Spring Street in Los Angeles, California. Ticket prices are $20-$15 in groups of 15 or more and $15 for seniors. Call (626) 398-4670 for tickets and information. Please come out and support our Black Lesbian Sistah.

Frances Andrews' "Black Coffee" is back with a vengeance. If you enjoy performance Art, then you do not want to miss "Black Coffee" every 2nd and 4th Saturday of the month at 7:00 p.m. at the Swing Cafe located at 8545 Santa Monica Boulevard in Los Angeles, California.

OutFest Gay and Lesbian Film Festival is celebrating **Black History** month every Thursday in February. OutFest will show Feb 4th "**Dakan**"- The first sub-Saharan African film to address male homosexuality; Feb 11th, "**Litany For Survival**"-An epic portrait of the eloquent, award-winning Black Lesbian poet, mother, and warrior, Audre Lorde; Feb 18th, "**Looking For Langston**"- A landmark documentary that examines questions of sexuality, color-consciousness, class identification and privilege; Feb 25th, "**FIRE**" - set in a contemporary household in New Delhi, "FIRE" is an enthralling tale of desire, passion and forbidden love. This film was the subject of recent violent protest in India. These films will take place at The Village at Ed Gould Plaza , 1125 North McCadden Place. Call for tickets at (323) 960-2394.

The National Black Lesbian and Gay Leadership Forum presents its 12th National Black Lesbian and Gay Leadership Conference and Institutes Thursday, February 11th - Sunday, February14th, at the Westin Atlanta North at Perimeter Mall, Atlanta, GA. Call (202) 483-6786 for further information.

ULOAH has been selected as the "Lesbian Support Group of the Year!" by Cothran Publications (Venus Magazine). ULOAH was selected by hand-written and e-mail ballots sent in by African-American Gay and Lesbian community leaders throughout the United States. Over seventy support groups serving Black Lesbians were among the candidates according to Charlene Cothran, President of Cothran Publications. ULOAH extends our gratitude and appreciation to the Sistahs who voted for ULOAH and to Cothran Publications.

Sandra Farrington-Domingue is running for Councilwoman of the 8th District in Los Angeles. To date, she is the only openly Black Lesbian candidate to run for this office. Sandra is committed to community development, equal opportunity, community coalition building, grassroots organizing, and reducing crime in poor and underdeveloped neighborhoods; and she is a tireless advocate of social change and economic opportunity. Please support the community 's candidate who is "putting neighborhoods first and working for results everyday".

RedBone Press is at it again! Lisa C. Moore, Editor/Publisher of RedBone Press presents "the bull-jean stories" by shraron bridgforth. You can purchase your copy from RedBone Press at P.O. Box 1805, Austin, TX 78767 or call (512) 498-4997.

In April 1999, watch out for ULOAH's showcase of the Audre Lorde Visiting Lecture Series featuring well-known writers, motivational speakers, community activists and other special guests.

In June 1999, watch out for ULOAH's Concert premiere featuring talented showcase of musicians and performance artists.

Friday, February 12th at 7:00 p.m. will be the first SISTAHfest '99 Planning Committee meeting. Come be a part of this wonderful experience -- making SISTAHfest happen! Call (323) 960-5051 for directions or more information.

ULOAH continues to grow each year. This is accomplished through the hard work and dedication of our volunteers. Volunteering with ULOAH is a rewarding experience. You not only help out your sistahs and the community, but you also reap great personal benefits. To that end, there will be a volunteer orientation meeting Saturday, March 13th at The Village at Ed Gould Plaza at 3:30 p.m. Please call (323) 960-5051 for more information.

CLASSIFIED

Writers Wanted

ULOAH is looking for writers to write articles for the Perspective, Healthy Living, In-Review, and N-Style sections in the "Between Us" quarterly newsletter. You will be paid a **$25** stipend for each article that is accepted, this includes art work also. So Artists are encouraged to submit their Art. "Between Us" will be distributed in the April 99 (Spring Issue), July 99 (Summer Issue), and October 99 (Fall Issue). The deadline for the April is March 10th; the deadline for July is June 10th; and the deadline for October is September 10th. Please send your articles to ULOAH c/o Yolanda Whittington, 1626 North Wilcox Ave. #190, Los Angeles, CA 90028.

ULOAH

United Lesbians Of African Heritage

ULOAH is able to exist and provide an array of community activities and events with your donations. We invite you to become financial supporter of ULOAH. One of the ways you can support ULOAH is through the UNITED WAY or make your charitable, tax deductible donation to ULOAH now and mail it to: ULOAH, 1626 North Wilcox, #190, Los Angeles, CA 90028

Yes! I would like to become a major donor. Please accept my tax deductible donation of:

$500 or more_____ $250 or more_____ $125 or more_____ $50 or more_____ Other amount_____

Yes! I would like to become a ULOAH member. Here is my $15 membership fee. Membership expires 10/1/99:

Name_____Telephone (_____) _____

Address_____

City_____ State_____ Zip code_____

Yes, I am interested in volunteering with ULOAH. Please check your area of interest:

- ☐ SISTAHfest Planning Committee '99
- ☐ Health and Fitness Events
- ☐ Professional & Personal Development
- ☐ Workshop Presenter
- ☐ Monthly Book Club
- ☐ ULOAH Rap
- ☐ Social Events
- ☐ Cultural and Performing Arts
- ☐ Financial Management
- ☐ Employment Opportunities
- ☐ Parenting
- ☐ Single Mingle
- ☐ Couples Support
- ☐ Cyberspaces/Internet

Alex -
I might have supported these sisters until I read the column about the t.v. remote control. We have so MANY other issues to attend to. Please keep ZARI sane. I know it could be a tough job. But you can handle it.
Evelyn